

# ACTON SENIOR CITIZEN NEWS

SENIOR CENTER: 978-264-9643

**February/March 2005**

The COA Office/Senior Center is open weekdays 8 AM-5 PM.

**The mailing address for the COA is: Town Hall, 472 Main St., Acton, MA 01720**

**The Acton Council on Aging Board will meet on Wednesdays, February 9<sup>th</sup> and Wednesday, March 9<sup>th</sup>, at 4:30 at the Senior Center, 50 Audubon Drive, S. Acton.**

**All are welcome. You may view the Senior Center at [www.acton-ma.gov](http://www.acton-ma.gov).**

## **Health Plan Options for Seniors**

**Tuesday, March 1st, at 1:00 p.m.**

This presentation, offered by Blue Cross and Blue Shield of Massachusetts, will include an in-depth discussion of Medicare. It will also show how Medigap plans and Medicare HMO's work. Information about Prescription Advantage, Veteran's prescription benefits, Medicare Drug Discount Cards and the Medicare Drug Benefit will be included. A question and answer session will follow the presentation. All are welcome regardless of your insurance coverage. Given our unpredictable winter weather, we ask that you call the Senior Center at (978) 264-9643 to register for this program and **save Monday, March 7<sup>th</sup> as the snow date.**

The Assessors Office is offering **confidential sessions with property owners who have questions regarding exemptions from property taxes.** Forms and materials will be available. The sessions, will run for approximately **twenty minutes** at the Senior Center, on **Tuesday, February 22<sup>nd</sup> from 9:00 a.m. to 12:00 noon and again on Thursday, February 24<sup>th</sup> from 1:00 p.m. to 4:00 p.m.** To set up an appointment please call (978) 264-9643.

## **Everything You Should Know About Real Estate Taxes, Abatements and Exemptions**

**Wednesday, February 2<sup>nd</sup> at 12:30**

Representatives from the Town of Acton Finance department will be at the Senior Center to discuss taxation, exemptions and abatements that are available to the taxpayers of Acton. PLEASE JOIN US!

## **BE INFORMED!**

There are three programs this March at the Senior Center to enable you to become updated on local and state issues and for you to educate your state and local legislators and officials about the issues most important to you. **They need and want to hear from you!**  
**Please join us for:**

1) **Coffee and Conversation with our State Legislators** -Friday morning, March 11<sup>th</sup>, 9:00 to 10:00 - Senior Center Dining Room. Legislation regarding Senior Real Estate Tax Relief will be discussed.

2) **St. Patrick's Day Luncheon with the candidates for the Acton Board of Selectmen** - Thursday, March 17<sup>th</sup>, 11:45

This is not a formal program, just an opportunity for them to meet and talk with you as you enjoy lunch together. Please sign up for the luncheon with our Meal Site manager at 978-263-5053. Stay for some great musical entertainment after lunch!

3) **Dessert and Discussion with the Town Manager** - Wednesday, March 23 at 12:30  
Learn more about the impact of the Override vote on Municipal Services; raise issues important to you!

PLEASE CALL US AT 978-264-9643 TO TELL US YOU'RE COMING FOR THESE EVENTS SO WE CAN PLAN FOR ENOUGH FOOD AND SEATING! **LET'S FILL THE ROOM!**

**PLEASE SAVE THIS NEWSLETTER  
THROUGH THE END OF MARCH AS THIS IS**

## A TWO MONTH EDITION COVERING BOTH FEBRUARY AND MARCH EVENTS!

### MINUTEMAN MEAL SITE

Minuteman Lunch is served Monday through Thursday at 11:45 a.m. The requested donation is \$2.00. To sign up for lunch, call 978-263-5053 by 11:00 the day before you wish to come. (Call the COA at 978-264-9651 for transportation, if needed.) If you are unable to come to lunch, please call the meal-site to cancel your meal.

The February Birthday Lunch will take place on Wednesday, February 9<sup>th</sup> and the March Birthday Lunch will be served on Wednesday, March 9<sup>th</sup>. If you have a February or March birthday, please come for a complimentary lunch. On Thursday, March 17<sup>th</sup> the Acton Selectperson candidates will be joining the St. Patrick's Day luncheon to learn about seniors' concerns.

*No Ladies Lunch in February or March due to scheduling conflicts; please look for Ladies Lunch to return on April 8<sup>th</sup>.*

### Men's Breakfast

**Friday, February 11<sup>th</sup>, at 9:00 a.m.**

**No breakfast in March**

Reservations MUST be made through the COA office if you would like to attend breakfast... we will be shopping and cooking for the number of reservations only! **The guest speaker will be Pat Huckery, District Manager for the Mass. Division of Fisheries and Wildlife here in Acton.** Please let us know that you will be joining us by calling the COA office by Wednesday, February 9<sup>th</sup>; \$2.00 donation.

### WINTER WEATHER POLICY!

When the Acton Schools are closed, Senior Center classes, programs and the Minuteman meal site will be closed. The Council on Aging office will remain open; call (978) 264-9643. Listen for school cancellation information on WBZ (Channel 4), WCVB (Channel 5) and WHDH (Channel 7) or radio stations WEEI and WBZ.

**The Council on Aging and Acton Senior Center will be closed:**

## Monday, February 21<sup>st</sup> – President's Day

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### GOING AWAY FOR THE WINTER?

Please give us a call so we can temporarily take you off our mailing list while you are away. Unfortunately we cannot send newsletters out of town so please stay informed of upcoming events and trips by:

- Calling your friends in Acton
- Calling our office at (978) 264-9643
- Checking the Town of Acton website at [www.acton-ma.gov](http://www.acton-ma.gov).

Please call us when you return and we will resume mailing the newsletter to you. Thank you.

## **COA GROUPS AND CLASSES**

**All students must sign-up for classes.**

***Call the COA office for space availability and to sign-up at (978) 264-9643.***

**MONDAYS – Bridge Class – 10:00-12:00.**  
Continues through April 4<sup>th</sup>.

**One Stroke Painting – Monday, March 7<sup>th</sup> through Monday, April 11<sup>th</sup>; 10:00-11:00 a.m.** This class will continue with an overview of what we have learned including the art of glass painting using special glass paints and conditioners. We will work mainly on individual projects and gifts from slates and note cards to wineglasses and decanters. Please bring all your brushes to the first class. The instructor will provide all paints, glass conditioners and polyurethanes. The prior Beginners class is invited to join in with this class.

**Choral Singing – Monday, February 14<sup>th</sup> and 28<sup>th</sup>, and March 14<sup>th</sup> and 28<sup>th</sup>, from 12:45 – 2:00.** We sing for *FUN* and have a great pianist and song leader. Join us as the more the merrier!

**On Monday, February 14<sup>th</sup> join us for a “Sweetheart Sing-a-long” at 12:45. The Choral Singing Group will provide piano accompaniment and sheet music for all!**

**MONDAYS AND FRIDAYS – POKER: 1:00;**  
**New players are always welcome!**

**“The Bookies”** will meet on **Monday, February 28<sup>th</sup>, and Monday, March 28<sup>th</sup> at 2:30 p.m. (please note the time)** On **February 28<sup>th</sup>** the group will discuss **“Losing My Mind: An Intimate Look at Life with Alzheimers”** by **Louis DiBiaggio** and **March 28<sup>th</sup>** we will review **“Bel Canto”** by **Anna Patchett**. Copies of these books may be available at the Acton Memorial Library. Please join us and consider bringing a friend! All seniors are welcome whether you have read the book or would just like to hear about it.

**TUESDAYS – Watercolor with Sue Nordhausen –1:30 to 3:00 p.m. through**

**March 8<sup>th</sup> (no class February 8<sup>th</sup>). The next session starts on March 22<sup>nd</sup>.**

**WEDNESDAY – Watercolor with Cynthia Durost** – Learn basic watercolor techniques, composition and use of color. New and beginning students are welcome. **Through March 16<sup>th</sup>, from 9:00-10:30 a.m. On Wednesday, February 2<sup>nd</sup> there will be a Valentine Card Workshop in place of watercolor class. Drop-In Art on March 23<sup>rd</sup> and 30<sup>th</sup> with the next session starting on Wednesday, April 6<sup>th</sup>.**

**Beginning Bridge Class: Wednesday, March 2<sup>nd</sup> through March 30<sup>th</sup>; 10:00 – 12:00.** This course is for newcomers and casual players who want to improve or further their bridge game. We will cover the mechanics of Bridge using the 5 Card Major Bidding System and the latest method of evaluating a hand. You'll keep your mind sharp while enjoying the social aspects of the game! Please bring one package of Bridge cards to class.

**✧Acton Senior Quilters✧**  
**WEDNESDAYS, 10:15 to Noon:** Self-directed quilting group meets to work on various projects. Quilters of all levels are welcome.

**Ping-Pong/Pool:** every day after 12:30. We are always looking for new players! Check COA calendar for schedule conflicts in the dining room.

**Knit & Crochet:** Join us at **12:30 on Wednesdays, February 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup>, and Wednesdays, March 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> and 30<sup>th</sup>** as we work on our projects and share ideas. Newcomers and **yarn donations** are welcome! Do you have a stash of yarn for a project that keeps eluding you or scraps of yarn from years of knitting? Please consider donating them to our yarn collection, for the various knitters and crocheters are very generous with what they make...and thank you!

**Genealogy “Re-Groups”**  
The Group will reconvene on **Friday, March 11<sup>th</sup> at 1:30 p.m.** Instructor Suzanne Richardson will be returning with great information. Please join this inquisitive group in the Senior Center living room. **Meeting**

**dates: March 11<sup>th</sup> and 25<sup>th</sup>; April 8<sup>th</sup> and 22<sup>nd</sup>; May 13<sup>th</sup> and 27<sup>th</sup>; June 10<sup>th</sup> and 24<sup>th</sup>.**

## **Square Dance at the Senior Center! Tuesday, April 12<sup>th</sup>, at 3:00 p.m.**

Square Dancing offers a fun alternative way to exercise while enjoying the camaraderie of new friends. Join us for an afternoon of dancing and some light refreshments with professional caller Don Bachelder. All steps will be taught and everyone is welcome to join in, from beginner to experienced dancers. Plan on wearing comfortable clothing and shoes for dancing on a linoleum floor. Light refreshments will be offered during intermission and the program will end by 6:00 p.m. Please call the COA office to register as space is limited.

## **Concord Museum Presents: “Local Color and History”**

**Acton Senior Center, 1:00-2:00**

**Tuesdays, March 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup>**

The Concord Museum will be presenting three programs at the Acton Senior Center culminating in a tour of the Concord Museum during the fourth session. The programs; **Tuesday, March 15<sup>th</sup> “Our Own Native Americans”, Tuesday, March 22<sup>nd</sup> “Revolution! Concord and Acton Forever Linked By A Bridge and Tuesday, March 29<sup>th</sup> “New England’s 19<sup>th</sup> Century Literary Revolution” will all be held at 1:00 p.m. On Tuesday, April 5<sup>th</sup> we will tour the Concord Museum in the morning and enjoy lunch at La Provence in Concord for a combined price of \$18. You are welcome to return to the museum after lunch to enjoy the “Connecticut Valley Furniture Exhibition” display. Please call the COA office to register for this series of classes and plan to save April 12<sup>th</sup> as a possible snow date for a class or museum trip, if needed.**

## **Friendly Visitors Meeting**

We will meet on **Tuesday, Feb. 8<sup>th</sup>** and on **Tuesday, March 8<sup>th</sup> at 1:00** to catch up with each other after the holidays and share stories and any concerns that have arisen over the last month. In March we will plan our spring get together. Please try to attend. ***If you are***

***interested in becoming a friendly visitor please call Carol Steiner at 978-264-9643.***

## **“Shifting Gears” Driving Program Concord Council on Aging Friday, February 18<sup>th</sup> at 1:00 p.m.**

The Registry of Motor Vehicles is committed to keeping drivers safe. The RMV will present “Shifting Gears”, a free, hour-long program designed to educate and encourage older drivers to be the best driver possible. **Please call the Acton Council on Aging at (978) 264-9643 to reserve your spot.** The Concord Council on Aging is located at the Harvey Wheeler Community Center, 1276 Main Street in West Concord.

## **Widows and Widowers**

**Fridays, February 4<sup>th</sup>, March 4<sup>th</sup> 1:30- 3:00**

Recent widows and widowers are welcome to attend our informal group. Group members share experiences on losing a partner of many years and how to cope with all of the changes. Group members usually arrange to meet once for lunch informally between meetings. Co-leaders are Carol Steiner and Steve Baran. Please call the COA if you have any questions about the group or would like to join us.

## ***Make a Friendly Difference***

Winter months are a bit harder for seniors who are not as able to get “out and about” as much as they would like. The days are a bit gloomier, and shorter, families are busy with school age children and full time jobs so they come by less frequently than everyone would like, getting out to do errands in the snow and ice can be daunting, if not impossible, at times...if you have an hour a week to offer to the Friendly Visitor Program, **please call the COA office** and have a chat with Carol Steiner and see if the program is right for you.

## **What’s Cooking?**

Do you like to bake cookies, brownies, muffins, maybe create a fun snack or different drink? This Recreation Department program is the class for you! We will meet with children ages 2-5, in the Senior Center kitchen, to “mix-up” a little fun and friendship. The group will get together on **Fridays, March 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>**

**and April 1<sup>st</sup> from 10:30-11:30.** There is no charge but please call the COA to register for this fun class!

### **March Computer Workshops**

We are happy to announce that we have 4 workshops scheduled for March.

Workshops are task oriented, 2 hour sessions designed for students with some computer experience. (If you are a novice computer user, our regular 6-week instructional classes will again be offered in the spring. Please look for information on those sessions in a future bulletin.)

If you wish to register for a workshop please call the COA office at (978) 264-9643. Our workshops are as follows:

- **Using Your Digital Camera:**  
**Thursday, March 3, 9-11am**  
**(one space left for Thurs, Feb. 3<sup>rd</sup>)**

An introduction to using your camera. What are some of the important features? How to store, send, print and save your photos. Please bring your camera and it's instruction book to class.

- **Effective Web Searching:** **Thursday, March 10, 9-11am**

Learn the features of your browser, identify worthwhile sites, reduce your search time, print only the pages you want to and bookmark the site to visit later.

- **Dressing Up Your Word Documents:** **Wednesday, March 16, 9-11am**

Want to add some pizzazz to your writing? Learn to use font colors, styles, backgrounds, and borders as well as drawing, word art, and inserting pictures.

- **Norton Anti-Virus - How Do I Get It To Work For Me?:** **Friday, March 18, 1-3pm**

Going on the Internet without an up-to-date anti-virus program on your computer is risky business. In this class, you will learn about the popular "Editor's Choice" Norton AntiVirus program. See a step-by-step demonstration of how to install the software and how to set it up to provide your computer with maximum protection. Ample

time will be allotted to questions and answers.

Most workshops are limited to 3-4 people per session so please call as soon as possible to reserve your space. Instruction will be offered on PC's and iMAC computers so please indicate which you prefer to work on. Each student will have his/her own computer. There is no charge for these one-day workshops.

### ***Computer Tech Support***

Does your computer have a problem? Is your printer acting up? Do you need help installing software or getting something to run smoothly?

Call the COA office and leave your name, phone number and question. Our tech support team will be in touch with you to see how we can help! Don't get frustrated, get computing!

### **Share Your Computer Skills with Your Fellow Seniors**

We are looking for volunteer computer instructors with intermediate to advanced experience in e-mail, Internet, MS Word, MS Excel, MAC applications, MS Works, Quicken, genealogy searching, photo applications and/or more to help teach classes at the Senior Center. Prospective volunteers should enjoy interacting with students, have patience and be flexible.

Classes are held three times a year (fall, winter and **spring**). Our fall and **spring classes** are geared toward one-on-one teaching at the COA computer room and in the student's home. In the winter months we offer short workshops on a topic of your choice.

For more information contact call the COA at 978-264-9643 or e-mail Carol Steiner, Volunteer Coordinator, at [csteiner@acton-ma.gov](mailto:csteiner@acton-ma.gov).

The **Veteran Homestead Medical Van** is at Acton Town Hall on **the fourth Wednesday of the month, 10 a.m. to 3 p.m.** for health

screenings and to address other health concerns.

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state program is designed to assist seniors with real estate taxes; be sure to apply if you are eligible!

### **EXERCISE PROGRAMS**

Sign-ups for these classes started on January 3<sup>rd</sup>; please call the COA office to see if space remains in the class of your choice.

**“Stretch and Flex” with Terri Zaborowski – Mondays from 8:45 to 9:45 The current session began on January 24<sup>th</sup> and continues through March 28<sup>th</sup>.**

**Aerobics with Terri Zaborowski-**

**“Senior Cardio-Flex”:**

**Tuesday & Thursday or Wednesday & Friday from 9:00 to 10:00. The next session begins the week of February 7<sup>th</sup> and continues through the last week of April.** Warm-up and stretch aerobics and muscle conditioning, then a cool-down segment.

**“Beginner to Intermediate Stretch and Tone”:**

**Tuesday & Thursday - 10:15 to 11:15. The next session begins the week of February 7<sup>th</sup> and continues through the last week of April.**

### **Circuit Breaker State Tax Credit**

We encourage all seniors to check the figures and be sure to apply for the Circuit Breaker State Tax Credit if you are eligible. YOU NEED TO FILE FOR THIS CREDIT WITH THE STATE INCOME TAX RETURN, EVEN IF YOU DON'T PAY STATE TAXES. AARP Tax consultants will be available, by appointment, at the Senior Center, from February through April to help you apply for this credit.

The maximum credit is \$820. To be eligible: you must be 65 or older, own or rent and occupy as primary residence property in MA. Maximum assessed value of your home, before exemptions but after abatements, is \$441,000. Maximum income is \$44,000 for singles, \$55,000 as head of household and \$66,000 for those married filing jointly. This

### **AARP Free Tax Preparation**

The American Association for Retired Persons (AARP) will be sponsoring a free tax preparation service (simple tax returns) from February through mid-April at the Senior Center in Acton as well as the Acton Memorial Library. **Please call the Council on Aging at 978-264-9643 to schedule appointments at the Senior Center.** Library appointments can be made by calling 978-264-9642.

Taxpayers filing the basic forms (such as 1040EZ, 1040A or 1040 with schedules A, B, D, R, Earned Income Credit, or Estimated Tax Payments) may be accommodated. Trained preparers will answer tax questions or provide assistance in preparing returns. This service **will not include** preparing business returns, passive activities, giving investment advice, calculating asset bases or complex schedule D calculations, i.e. wash sales, puts, calls, etc. At the tax preparer's discretion other unusual situations may not be accommodated. It is very important that you bring all Federal and State tax returns for 2003 as well as all tax forms mailed to your for 2004, including W2, 1099R, 1099Div, 1099INT, 1099Misc, 1099SOCSEC, 1099B, mutual fund statements, brokerage statements, or other documents which might be related to the income tax return. If you are applying for the Circuit Breaker Tax Credit (MA), you need to bring a copy of your 2004 Real Estate tax bill with property assessment or a copy of your rental contract, plus 2004 sewer and water bills. Also, you must bring your Mass. Form #1 booklet.

### **Senior Citizen's Law Project**

Attorney Betsey Crimmins of the Senior Citizen's Law Project is available to provide free civil legal services for a variety of elder law matters including housing cases, benefits such as Social Security and SSI, food stamps, health care issues such as Medicaid and Medicare, guardianship defense, nursing home issues and consumer issues. You can reach the Project by calling their elder intake line at



(617) 603-1776. The Project is located at Greater Boston Legal Services, 197 Friend Street, Boston. Attorney Crimmins is available to make home visits or nursing home visits.

### SENIOR VAN SCHEDULES

The Acton COA van is available to all Acton seniors (age 60 and over) and disabled Acton residents and is available Monday through Friday. **Reservations should be made weekdays between 8:00-12:00 noon by calling (978) 264-9651.** Please have the name, telephone number and address of your destination available when you call. Because of the number of requests it is necessary to **CALL AT LEAST A DAY in advance**, sooner if possible. **One-way in town is \$1.00; one-way out of town (Concord/Maynard) is \$1.50.**

**The Road Runner Van** is also available to Acton senior citizens. **Their new schedule, starting December 1<sup>st</sup>, is: Tuesday, Wednesday and Thursday, from 9:00 – 3:30.** Please call them at #1-800-589-5782, at least 24 hours in advance. Their fares are the same as the COA van.

### SMOC Fuel Assistance

#### Need help paying your heating bill?

**New** applications for fuel assistance for 2004/2005 are being taken **through April 30<sup>th</sup>**. If your yearly gross household income is at or below the amounts listed, you may qualify for fuel assistance and discounts on utility and telephone bills.

Household size	Maximum gross income:
1	\$ 18,620
2	\$ 24,980
3	\$ 31,340
4	\$ 37,700

(call for income guidelines for larger families)

**Call Carol Steiner at the COA 978-264-9643 for more information.**

The Friends of the Council on Aging manage an **Emergency Fuel Assistance Fund**.

Contact Jean Fleming at the COA for information. (978) 264-9643

Community Education offers a variety of trips and classes which may be of interest to Acton seniors. Please consult your Interaction flyer or call the Community Ed office at (978) 266-2525 for more information.

### SENIOR HEALTH INSURANCE NEWS

#### What's New with Medicare in 2005?

**1. Preventive Benefits:** a one time "wellness" physical exam within the first 6 months of enrolling in Medicare Part B

**2. Screening** for cardiovascular disease and diabetes

**3. Medicare Prescription Drug Discount Cards.**

Routine card with 10 – 15 % discount.

Transitional Assistance card with \$600 credit for low – income subscribers ( \$12,569 for individuals, \$16,862 for couples).

**4. Increase in Medicare Part B premium to \$78.20**

**5. Increase in Medicare B calendar year deductible to \$110.**

**6. Increase in Medicare A deductible to \$912 per hospitalization in a benefit period.**

**7. Medicare Supplement 2 policies ( with unlimited drug coverage) not allowed in 2006.** Last enrollment period will be February and March 2005 for effective date of June 1.

**8. Rollout of Medicare Drug Coverage Options** in autumn of 2005.

The SHINE ( Serving the Health Information Needs of Elders) Program has trained volunteers available at the Councils on Aging, Lahey Clinic and Emerson Hospital to assist you free of charge with your health insurance needs.

Please leave a message at the Acton COA for the SHINE counselor to contact you regarding any of the above Medicare changes, help with applications for the drug discount cards or Mass Health Buy – In program to help pay Medicare Part B premium, or to assist you with health provider billing problems.

You can also consult the SHINE web site at [www.medicareoutreach.org](http://www.medicareoutreach.org)

SHINE is managed and funded by the MA Executive Office of Elder Affairs.

### Community Education Classes and Trips

luncheon to reserve your spot and we look forward to celebrating you! **The February birthday lunch will be served on Wednesday, February 9<sup>th</sup> and the March Birthday Lunch will be served on Wednesday, March 9<sup>th</sup>.**

### **SENIOR CENTER CLINICS**

**Hearing:** Thursday, February 10<sup>th</sup> and Thursday, March 10<sup>th</sup>; 1-3 p.m. Fred Gerulskis conducts hearing tests, checks hearing aids and makes some repairs. Free. **Please call** to register.

**Podiatry Clinic:** Friday, February 4<sup>th</sup> and Friday, April 1<sup>st</sup>; 8-10:00, sponsored by the Acton Nursing Service. \$20.00\* fee. The purpose of the clinics is to provide podiatry services that are not covered by insurance. Dr. Burtoft, DPM, provides basic services such as evaluation and nail clipping. \*This clinic is funded by the Friends of the Acton Nursing Service. Fee can be waived in case of financial hardship.

**Call 978-264-9653 for an appointment for Podiatry and Cholesterol Clinics.**

**Cholesterol Screening:** The next clinic will be held on Tuesday, March 22<sup>nd</sup> from 9:00-12:00. Please call the Nursing Service at 978-264-9653 to schedule an appointment or if you have any questions. Fee \$10.00

**Blood Pressure:** Tuesday, February 8<sup>th</sup> and Tuesday, March 8<sup>th</sup>, between 9 and 11 a.m. The Acton Public Nursing Service sponsors free monthly blood pressure clinics at the Senior Center. No appointment is necessary.

**The Acton Recreation Department spring/summer 2005 program will be mailed out in late February. Watch your mailbox to take advantage of some of these new program offerings.**

**Are you celebrating a birthday or anniversary this month? Please know that your neighbors and fellow townspeople wish you well.** If it's a birthday you're celebrating why not join us at the Senior Center for the monthly complimentary birthday luncheon? Please call the mealsite at (978) 263-5053 at least 24 hours before the birthday

### **Alzheimer's Services**

#### **Alzheimer's Association Helpline**

**1-800-548-2111.** Available for calls 7 days a week, 24 hours a day.

#### **Monthly evening support groups:**

These two groups are open to family members and caregivers of someone with Alzheimer's Disease or other related dementias:

**1) Acton Senior Center, Wednesday, February 9<sup>th</sup> at 6:30 p.m. and Wednesday, March 16<sup>th</sup>, 6:00 p.m.**

For information, call Jean Fleming at (978) 264-9643.

**2) The Inn at Robbins Brook on the 4<sup>th</sup> Tuesday of each month at 6:00 p.m.**

For information, call Joanne Shaughnessy at (978) 264-4666.

#### **Monthly morning caregivers support group:**

**3<sup>rd</sup> Tuesday of the month at 10:30 a.m..** Concord Park Assisted Living Residence in West Concord. **Call Pat Oliphant (978) 318-0046.**

#### **Early stage Patient and Carepartner**

**Support Group** Open to the person with early stage memory problems and their carepartners **First Tuesday of each month, (winter hours) 2:00-3:30 p.m.,** Concord Park Assisted Living Residence in West Concord.

Call **Arlene Parillo at (781) 863-1166** or Carol Steiner at 978-264-9643.

**Cooperative Elder Services, Inc.** runs an **Adult Day Health and Alzheimer's Care Program** in Concord. Please call **Pat Oliphant at (978) 318-0046.**

**Minuteman Senior Services** provides, free **in-home consultations.** Please call **978-263-8720** for more information.

#### **"Taking Control of Alzheimer's Disease": Techniques for Early Stage Persons**

March 3, 10, 17, 24, Whitney Place, Natick  
To register, call Elaine Silverio at 617-868-6718 or e-mail: elaine@alz.org



## Happy Valentine's Day Happy St. Patrick's Day

### **COUNCIL ON AGING TRIP POLICIES:**

1. Please call the COA office at 978-264-9643 to make trip reservations before sending in your check. Some trips fill up very quickly.
2. **Payment is required two weeks prior to the trip, unless otherwise noted.** If payment is not received in time, your name will be removed from the sign-up and a wait-listed person will be contacted. **We will return your check if you cannot go and if your place can be filled.** If signing up for multiple trips please make separate checks for each.
3. **Checks** should be made out to: The **FRIENDS of the Acton COA.** You may deliver your check to the office or mail to: COA, Town Hall, 472 Main Street, Acton
4. **Please park** towards the **back** of the lower parking lot, away from the function hall **behind St. Elizabeth of Hungary Church, 89 Arlington Street.**
5. Please call Jean Fleming at 978-264-9643 for trip assistance from the FRIENDS.
6. **Always bring a copy of your FILE OF LIFE card with you on trips.** If you do not have it you may be denied a seat on the trip.
7. **When signing up for a trip it is expected that each traveler will participate in every aspect of a trip. Staying on the bus is not an option.**

**Please call the COA office starting  
Monday, January 31<sup>st</sup>, to sign up  
for all trips, programs and classes.**

### ***Boston Symphony Open Rehearsal Thursday, March 17<sup>th</sup>***

We will travel to the BSO Open Rehearsal to enjoy James Levine as conductor. The program will include J.S. Bach (orch. Schoenberg) Prelude and Fugue in E-flat, BWV 552, *St. Anne*; Ives Symphony No. 2;

Varese *Ameriques* and Gershwin *An American in Paris*.

**COST: \$25.00** (bus and rehearsal admission)  
**Depart: 8:00 a.m.** St. Elizabeth Church Lower Back Parking Lot  
**Full payment due by March 3<sup>rd</sup>.**

### ***The Arnold Arboretum and Vinny T's Restaurant Wednesday, May 18<sup>th</sup>***

Spring IS coming and you won't want to miss this coach/guided tour of the 265 acre Arnold Arboretum in all of its spring glory! A docent will step onto our bus and provide a 90-minute guided tour of the Arboretum while offering several stops for those who might like to disembark for a closer view and photographic opportunities. After the tour we will enjoy lunch at Vinny T's (formerly Vinny Testa's) Restaurant in Brookline of soup, salad, Fettuccine Alfredo, Chicken Parmigiana and dessert. This is sure to be a wonderful Spring experience, rain or shine!

**COST: \$30.00** (tour, lunch and gratuities)  
**Depart: 8:30 St. Elizabeth Church Lower Back Parking Lot**  
**Full payment due by April 29<sup>th</sup>.**

### **Concord Traveling Seniors**

Canadian Rockies by Rail

July 19, 2005

Join the Concord Traveling Seniors for their nine day Canadian Rockies by Rail trip departing on July 19<sup>th</sup>, 2005. The group will travel to Vancouver by air and then continue to enjoy the tour by rail. Please contact Bob or Berni at (978) 369-2876 for more information and to sign-up for the trip. This is being coordinated by the Concord Traveling Seniors group but offered to non-Concord seniors.

### **ACTON COA STAFF**

**Jean Fleming**, Director

**Barbara Winders**, Assistant to the Director  
**Carol Steiner**, Outreach/Volunteer Coordinator

**Debby Mozzicato**, Program Coordinator

**Ron Paskavitz**, Van Driver

**Steve Ryan**, Substitute Van Driver

### **Board Members and Liaisons**

**Steve Baran**, Sec'y **Gena Manalan**

**Anita Dodson** **Tom McQueen**, Treasurer

Pat Ellis, Chair      Jan Patrick  
 Bill Ely              Sally Thompson  
 Kay Guinee          Paul Turner  
                  Cathleen Summers, Vice Chair  
                  Peter Ashton, Selectman Liaison  
                  Suzanne Brozek, Liaison, MM Sr. Services  
                  Lt. Don Palma, Liaison, Police Dept.

**Senior Cinema: Thursdays at 12:30 p.m.**

**Thursday, February 3<sup>rd</sup>:** "The Day After Tomorrow" – 2004, PG-13. International series of crises brought on by the long-term results of the greenhouse effect with a personal family situation intertwined.

**Thursday, February 10<sup>th</sup>:** "Shall We Dance" – 2004, PG-13. Romantic comedy with a Chicago lawyer (Richard Gere) deciding to take up dance classes which lead to his entering a dance competition, his wife's curiosity and the student/teacher relationship.

**Thursday, February 17<sup>th</sup>:** "The Notebook" - 2004, PG-13. Based on Nicholas Sparks' bestselling novel.

**Thursday, February 24<sup>th</sup>:** "The Terminal" – 2004, PG-13. Romantic comedy. Tom Hanks enters the U.S. with a passport from a country that doesn't exist and takes up residence at Kennedy Airport.

**Thursday, March 10<sup>th</sup>:** "Manchurian Candidate" – 2004, R. A political conspiracy and psychological reconditioning of Denzel Washington; updated remake of 1962 favorite.

**Thursday, March 24<sup>th</sup>:** "Once Around" – 1991, R. Romantic comedy featuring Richard Dreyfuss and Holly Hunter.

**Thursday, March 31<sup>st</sup>:** "Faith Rewarded" – 2004. Highlights from the amazing 2004 season and profiles of the Red Sox star players.

*We are hoping to offer a "Sunshine Card" program starting this spring and need a couple of volunteers to manage the sending of cards to Acton Seniors who could use a sunshine contact from the COA. **Call Carol Steiner if you are interested in helping.***

**ACTON HANDYMAN PROGRAM**

**The Acton Handyman Program**, offered **entirely by volunteers**, is designed to help Acton seniors with **small** repairs and **simple** household jobs, for example:

- Glue loose handrails, chair legs, etc.
- Light bulb/smoke detector battery replacement
- Assemble bookshelves, etc.
- Mattress flipping
- Simple computer, TV, VCR, DVD connections and more!
- Nothing on ladders, please.

**Call the COA to request Handyman service.**

*This well used program should not be used in place of necessary professional services requiring licenses and permits, nor for the many tasks needed to set up a new household. We will try to offer the resources to find local services as necessary.*

**Senior Center Art Display**  
**Local artists grace the COA walls!**  
**February artist Phyllis DiPrisco**  
**March artist Roger Towne**

The original art works presented by Acton Seniors continue to be displayed at the Senior Center. We have enjoyed **Bette Pierstorff's** work through the month of January and are now pleased to announce the works of **artist Phyllis DiPrisco during the month of February and Roger Towne in the month of March.** Please enjoy the artwork at any time the living room is available, and plan to join us for a reception with **Phyllis on Monday, February 7<sup>th</sup>, from 1:00 to 2:00 p.m.** and with **Roger on Wednesday, March 2<sup>nd</sup>, from 1:00 to 2:00 p.m.** Light refreshments will be served.

**Lots of COA Volunteer Opportunities:**

<b><u>Wheel-A-Meal Drivers</u></b>	Office Support
<b><u>Handymen</u></b>	Workshop Leaders
<b><u>Newsletter Mailers</u></b>	Group Leaders
<b><u>Ladies Lunch Corps</u></b>	<b><u>Friendly Visitors</u></b>

We are ***always*** looking to add both regular and substitute **Wheel-A-Meal Drivers.**

**ASK THE LAWYER****Wednesday, February 2<sup>nd</sup> from 1-3**

**Attorney Leslie Madge**, a certified Elder Law Attorney, offers **20 minute** private legal **consultations** by appointment at no charge to Acton seniors. Call 978-264-9643 to schedule an appointment.

**Durable Equipment Loan Cellar**

The Acton COA maintains a **cellar** of donated durable medical equipment **to be loaned out** to Acton seniors as needed. Please call before you buy new equipment - we may have it in our cellar! The most frequently borrowed are **tub benches, shower chairs and raised toilet seats** (no commodes, please ) and are often in short supply, so if you have one taking up valuable space, we would be glad to add it to the loan cellar.

***We appreciate all of your donations!***

***Please do not "drop off" donations without calling ahead.***

**All donated equipment must be clean and in very good condition.**

**Currently we do not need any additional commodes or walkers.**

***Thank you to all who have donated!***

**Town Election**

The Annual Town Election will be held **Tuesday, March 29, 2005.**

Positions available are:

One Moderator for a term of 1 year; Two Selectmen for a term of 3 years; Two School Committee members for a term of 3 years; One Library Trustee for a term of 3 years; One Housing Authority member for a term of 5 years.

Election for The Water Supply District of Acton will also be on this ballot, position available is: One Water Commission for a term of 3 years; One Clerk for a 3 year term.

Nomination papers for Town Office are available at the Town Clerk's Office.

The last day to obtain nomination papers is February 4. The last day to file papers with the Board of Registrars is February 8, and the last day to withdraw nomination papers is February 24, 2005.

Any questions please call the Clerk's Office 978-264-9615.

**Annual Town Meeting**  
**Monday, April 4<sup>th</sup> at 7:00 p.m.**  
**Acton/Boxborough Regional High School Auditorium**

**"Angel Street" by the Concord Players**  
**Thursday, February 10<sup>th</sup>, 2005 at 8:00 p.m.**

The mid-winter show presented by the Concord Players is "Angel Street". Based on the spine-tingling movie, "Gaslight", this is the story of Bella Manningham, who seems to be spiraling into the abyss of mental illness with her sinister husband. Come to this free dress rehearsal at 51 Walden Street, Concord.

**Theatre III offers "Falsettos"**  
**Sunday, February 20<sup>th</sup>, at 1:00 p.m.**

This Tony Award winning gem is almost entirely sung, offers mature themes and musical complexity. Based in the late 1970's and early '80's the show deals with serious issues and culminates the realization that what truly counts in life is being connected to others. This **free dress rehearsal is offered at Theatre III located on Central Street in West Acton on Sunday, February 20<sup>th</sup> at 1:00 p.m.**

**"The Comeback Kids" Come Back to the Acton Senior Center**  
**Thursday, March 17<sup>th</sup>, at 1:00 p.m.**

On St. Patrick's Day we will enjoy the sounds of "The Comeback Kids" on their return to the Senior Center. In addition to enjoying their great music the dance floor will be available for those who would like to "make some turns". Plan on joining us for two hours of pure entertainment and relaxation! The **snow date for this event will be on Thursday, March 24<sup>th</sup> at 1:00 p.m.** In case there is a need to postpone the program we ask that you **call the Senior Center to register for this entertaining program at (978) 264-9643.**

**Tips for Cold Weather Car Care**

Frozen doors, door locks, and trunk lids: Rain and condensation that collect around door seals, trunk seals, and in the door locks can

freeze in the winter, making opening a door difficult. For preventative measures, some manufacturers recommend applying silicone spray around the rubber door and trunk seals to prevent this problem. The silicone repels water, and keeps out the ice. For the door and trunk locks, a general purpose lubricant such as WD-40 or equivalent sprayed into the keyhole can help prevent freezing.

**THE ACTON LIONS CLUB  
ANNUAL NEW ENGLAND BOILED  
DINNER**

**Sunday, March 13<sup>th</sup>, at 1:00 p.m.**

The Acton Lions Club cordially invites Acton and Boxborough senior citizens to a traditional New England boiled dinner on Sunday, March 13<sup>th</sup>, at the Acton Senior Center. Please call the Acton COA office, (978) 264-9643, by Thursday, March 10<sup>th</sup> with your **required reservation** and transportation request, if any. The sign-up for this luncheon is on a "first come, first served basis". Please call if you have to cancel, as we often have a waiting list. Parking is limited, so PLEASE CARPOOL if at all possible. We thank the Lions Club for providing this wonderful opportunity for good food, company and entertainment!

***National Wear Red Day: Monday,  
February 7<sup>th</sup> to raise awareness of  
women and heart disease***

**ACTON COUNCIL ON AGING  
Town Hall, 472 Main Street  
Acton MA 01720  
Return Service Requested**

**"Long Term Care-Finding the Money"  
Thursday, March 3rd, at 1:00 p.m.**

Long Term Care – how is it really paid for? Medicare? Medicaid? By you privately? In this workshop four dominant methods of approaching the enormous risk of Long Term Care will be examined. You will gain a detailed understanding of pros and cons of paying with cash, relying on Medicare or Medicaid and how private Long Term Care Insurance might benefit you. Hans Hug, Jr. of the LTC Insurance Group will present this free program to area seniors with no sales pressure whatsoever. Please call the COA office to reserve your space for this informative program.

**PLEASE SAVE THIS NEWSLETTER  
THROUGH THE END OF MARCH AS THIS IS  
A TWO MONTH EDITION COVERING BOTH  
FEBRUARY AND MARCH EVENTS!**

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